

1. Bellin Health Performance Staff Assessment:

- **Balance**
 - Step down –frontal view
 - Bound to balance
 - Full kicking motion – frontal camera view
- **Quickness/Acceleration:**
 - 10yd Dash – Speed Trap or Free Lap
 - 5yd and 15yd Dash – Speed Trap or Free Lap
 - Time compared to NSCA Standards and Mac Roc members involved in testing
 - iPad Video to count strides and calculate cadence
- **Agility/ Lateral Change of Direction:**
 - 5-0-5 – Speed Trap or Free Lap
 - 5-10-5 – Speed Trap or Free Lap
 - 5-10-5 Time compared to NSCA Standards and Mac Roc members involved in testing
 - iPad Video to analyze change of direction form. Immediate feedback on form to parent and athlete via Hudl video capture.
- **Strength and Flexibility Measurements and EMG tested muscular activation experience**
 - Perform Manual muscle testing of Quad, hamstring, TFL, Glute, and Calf (Graded with traditional manual muscle testing numbers of a 5 -oint scale)
 - Perform Flexibility testing of Quad/Hipflexor, Hamstring, TFL, Calf – Graded only as “Within normal limits, mild improvement needed, moderate improvement needed, maximum improvement needed”
 - Manual muscle strength and flexibility testing reported on same scoring sheet integrated into clinical performance and prevention test. This will be emailed to the athlete and parents but also be discussed during their testing.
 - EMG Muscular recruitment evaluation and training

2. MacRoc Staff Soccer Player Development Assessment:

We will be evaluating the following areas while using our Technical Zone, Toca Touch Trainer & Precision Wall:

- **First Touch:**
 - Reaction time
 - Inside
 - Laces
 - Chest
 - Thigh
- **Shooting:**
 - Left & right
 - First time shot
 - With set up touch
 - Power/accuracy with laces
 - Pace/accuracy with instep
 - Options to slot it in
 - Volley
- **Dribbling:**
 - Left & right
 - Inside, outside & bottom
 - Control
 - Speed
 - Awareness
- **Passing:**
 - Accuracy
 - Pace
 - Awareness
 - Completion
 - Movement beyond
- **Attacking/penetration with the ball:**
 - 1v1
 - Technicality/creativity
 - Speed
 - Awareness
- **Defending:**
 - Breakdown
 - Delaying attacker
 - Denying space
 - Maintaining composure & patience
 - Understanding the objective
- **Heading:**
 - Stationary
 - Jumping
 - Possessional header (touch & pass)

- **Body Mechanics & Vision**

- Checking shoulder
- Stance
- Hip's facing
- Toe placement (l & r)
- Heel placement (l & r)

3. Sensory Assessment:

Our mind leads the body with 80% of the cues coming from how we process what we see. As such, sensory training is the cornerstone of how we build better athletes.

Athletes will be put through a 25-minute assessment on our Sensory Station, which will assess 10 visual and sensorimotor skills. After, athletes will be provided with a graph that shows them the percentile they are in for each sensorimotor skill for their specific sport, position and level (i.e. soccer player, defender, club). Athletes are then able to compare their results to a level they aspire to play one day (i.e. DI, DII, DIII). These results will help set an athlete's focus upon improving in specific areas in their sensory training in order to compete at a higher level.